













January Calendar 2022

UCPIE Zoom Activities Contact: DJ Paul to sign up!

*all activities will be provided via Zoom, to get instructions on how to join message me on our social media handles or contact me directly by Phone: 760-880-0899 or E-mail: djpaul@ucpie.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						
2	3	4	5	6	7	8
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga with Ms. Kim 4pm-5pm	Movie Day! with DJ Paul 4pm-5pm	-I Have a dream - Martin Luther King Jr,
9	10	11	12	13	14	15
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga With Ms. Kim 4pm-5pm	Sing Along with DJ Paul 4pm-5pm	National Play Outside Day! Is 1 st Saturday of every month! Go outside and Play!
16	17	18	19	20	21	22
	MLK HOLIDAY <i>I Have A Dream</i>  Martin Luther King, Jr. Day	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga With Ms. Kim 4pm-5pm	Show & Tell with DJ Paul 4pm-5pm	National Dress Up Your Pet Day! Is on the 14 th
23	24	25	26	27	28	29
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga With Ms. Kim 4pm-5pm	Dance Party with DJ Paul 4pm-5pm	National Rubber Ducky Day! On the 13 th . Rubber Ducky makes bath time fun!
30	31					
	Adaptive CrossFit Ms. Cheryl 4pm-5pm					UCPIE.ORG

ZOOM ETIQUETTE

- 1. When logging into session please use real name. For our instructor to better communicate**
- 2. Please mute microphone and wait to be called on.**
- 3. Do NOT send private chat messages.**
- 4. Keep camera ON throughout session**
- 5. Participate with the activities.**
- 6. Stay focused and do not distract others**
- 7. Let's remember to take turns and have fun.**

Families, please share videos and pictures
Paul Villalobos (DJ Paul)

e-mail:

Djpaul@ucpie.org

Facebook

<https://www.facebook.com/ucpinlandempire/>

Instagram

<https://www.instagram.com/ucpie/>

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